

*Rhode Island
Municipal Police Academy
Physical Fitness
Standards—Booklet*



Chief Anthony J. Silva, Executive Director
Rhode Island Municipal Police Academy

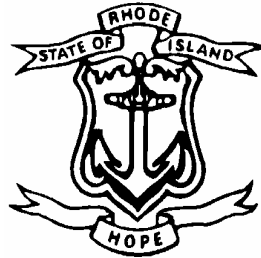
Colonel Stephen M. McCartney, Chairperson
R.I. Police Officer's Commission on
Standards and Training

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Preface



The Rhode Island Police Officer's Commission on Standards and Training recognizes the value of physical fitness for police academy performance and has established physical fitness entrance and exit standards for successful admittance and graduation from the academy.

A physical fitness test will be administered to all academy candidates to determine if each recruit officer meets the minimum entrance standards. These fitness entrance requirements help to ensure that each recruit officer can undertake the physical demands of the academy without undo risk of injury and with a likelihood of success. Applicants who do not meet all the standards will be disqualified from entering the academy.

This brochure has been prepared to provide information to police administrators and recruit applicants on the rationale, purpose, testing procedures, and performance requirements as required by the fitness standards. Questions about these standards should be directed to the Police Academy's Office at 401-722-5808.

*Chief Anthony J. Silva
Executive Director*

Minimum Physical Fitness Graduation Standards

Physical Fitness Abilities Assessment

The physical abilities course is comprised of two stages. The minimum success standard for stage 1 and 2 of this course, for both male and female recruit officers, is in the following table:

Stage 1	3:02 (min/sec)
Stage 2	1:19 (min/sec)

In addition to the above, recruit officers must also meet the minimum standards of the following two assessment tests.

MALE					
Assessment Battery	Age <20	Age 20-29	Age 30-39	Age 40-49	Age 50-59
300 Meter run	56.0	56.0	57.0	67.6	80.0
1.5 Mile Run	11:58	11:58	12:25	13:05	14:33

FEMALE					
Assessment Battery	Age <20	Age 20-29	Age 30-39	Age 40-49	Age 50-59
300 Meter run	64.0	64.0	74.0	86.0	n/a
1.5 Mile Run	14:15	14:15	15:14	16:13	18:05

Why Is Fitness Important As A Job Related Component For Law Enforcement Officers?

Physical fitness is a multidimensional human condition that encompasses the following three areas.

Community Fitness—For all of us, physical fitness relates to our ability to pursue a variety of human activities. The overall quality of our lives, inclusive of our work experience, recreational pursuits and daily physical activities relate to our muscular endurance, aerobic capacity, anaerobic power, dynamic strength and flexibility.

Recruit Fitness—For a new police recruit physical fitness provides the underlining physiological ability to participate in vigorous physical activity. This vigorous and dynamic participation is critical to the instruction necessary to master the physical skills required of a police officer. It is also critically important that individuals involved in the police recruit training program possess a reasonable level of fitness such that they are exposed to minimal physical risk during the training process.

Police Fitness—The job functions of a police officer, as defined by a job task analysis, are uniquely diverse and usually performed under the most adverse psychological and environmentally severed condition. To a police officer physical fitness relates to the development and perhaps most importantly, the maintenance of the physiological readiness to successfully perform critical job functions. A police officer's physical fitness may mean the difference between success and failure in regards to a critical job function. Their safety and the safety of the community they have sworn to protect and serve may depend on their physical abilities

How Will Physical Fitness Be Measured?

The physical fitness test battery consists of the 5 following basic tests.

1. 300 Meter Run—
2. Sit and Reach Test
3. 1 Minute Sit-up Test
4. 1 Repetition Maximum Bench Press
5. 1.5 Mile Run



Applicants must pass all of the above tests.

The actual performance standard for each test is based upon norms for a national population sample.

The performance entrance requirement is based on the 40th percentile, and the graduation requirement is based on the 50th percentile for each age and sex group.

Please refer to the tables included within this booklet to determine the applicable minimum qualification by age and gender.

Minimum Physical Fitness Entrance Standards

MALE					
Assessment Battery	Age <20	Age 20-29	Age 30-39	Age 40-49	Age 50-59
300 Meter Run	59.0	59.0	58.9	72.0	83.2
Sit & Reach	16.5	16.5	15.5	14.3	13.3
1 Minute Sit-up	41.0	38.0	35.0	29.0	24.0
Max. Bench Press Ratio	1.06	.99	.88	.80	.71
1.5 Mile Run	12:29	12:29	12:53	13:50	15:14

FEMALE					
Assessment Battery	Age <20	Age 20-29	Age 30-39	Age 40-49	Age 50-59
300 Meter Run	71.0	71.0	79.0	94.0	n/a
Sit & Reach	20.5	19.3	18.3	17.3	16.8
1 Minute Sit-up	32.0	32.0	25.0	20.0	14.0
Max. Bench Press Ratio	.58	.59	.53	.50	.44
1.5 Mile Run	15:05	15:05	15:56	17:11	19:10